

For each question from 1 to 10, four options are given. One of them is the correct answer.
(10 marks)

1. There was not _____ syrup left for the waffles so the maid went to the shop to buy a bottle.
(1) few
(2) little
(3) many
(4) much
(4)
2. "We _____ our Geography project!" the boys announced.
(1) finish
(2) finished
(3) had finished
(4) have finished
(4)
3. Having _____ reading that interesting book, I was determined to finish it.
(1) begin
(2) begins
(3) began
(4) begun
(4)
4. Neither Mary nor her twin sister _____ Mandarin. They can only converse in English.
(1) speak
(2) speaks
(3) speaking
(4) have spoken
(2)
5. Last Wednesday, Ahmad jogged in the stadium as usual. He certainly _____ in keeping himself fit and healthy.
(1) believe
(2) believes
(3) is believing
(4) has believed
(4) 2
6. _____ sustaining minor abrasions and bruises, the victims were also traumatised.
(1) Though
(2) Despite
(3) Besides
(4) Without
(3)

7. Your cousins went on vacation, _____?

- (1) aren't they
- (2) didn't they
- (3) hadn't they
- (4) haven't they

(2)

8. Of the twins, Flora is the _____ swimmer.

- (1) fast
- (2) faster
- (3) fastest
- (4) very fast

(2)

9. They must set off now _____ they will never reach Thailand by evening.

- (1) and
- (2) but
- (3) or
- (4) so

(3)

10. I prefer watching a basketball match _____ a handball match.

- (1) to
- (2) from
- (3) over
- (4) than

(4) ✓

For each question from 11 to 15, four options are given. One of them is the correct answer.
(5 marks)

11. We should not let anything _____ the progress we are making in this job.

- (1) pause
- (2) hinder
- (3) hesitate
- (4) postpone

(4) 2

12. The little boy was _____ by his grandfather's tales about his childhood days. He found them extremely entertaining.

- (1) enticed
- (2) unmoved
- (3) enthralled
- (4) unaffected

(1) 3

13. The arrogant secretary _____ into the room haughtily and ordered us around as if she were the boss of the company.

- (1) sauntered
- (2) shuffled
- (3) strolled
- (4) swaggered

(3) 4

14. Once the deceased man was _____, his ashes were scattered over the sea as he had wished.

- (1) buried
- (2) expelled
- (3) cremated
- (4) incinerated

(3)

15. I gave him the _____ after our intense argument.

- (1) green horn
- (2) wet blanket
- (3) sticky fingers
- (4) cold shoulder

(4)

For each question from 16 to 20, choose the word(s) closest in meaning to the underlined word(s). (5 marks)

277

The Singapore Zoo is an example of the 'open zoo' concept.

The animals are kept in (16) expansive, landscaped enclosures, (17) mimicking that of their natural habitat. They are separated from the visitors by dry or wet moats. The moats are concealed with (18) a variety of plants or dropped below the line of vision.

In the case of dangerous animals such as leopards and jaguars which can climb very well, moat (19) barriers are not used. Instead, these animals are housed in beautifully landscaped glass-fronted enclosures.

Oppressive cages which (20) are characteristic of old zoos, are absent. The end result is a feeling of openness.

16. (1) expensive
(2) ludicrous
(3) restricted
(4) spacious
17. (1) imagining
(2) mutilating
(3) simulating
(4) stimulating
18. (1) crops
(2) herbs
(3) vegetables
(4) vegetation
19. (1) barrages
(2) hazards
(3) humps
(4) obstacles
20. (1) follow
(2) often
(3) represent
(4) typify

(4)

(3)

(2) 4

(1) 4

(4)

Nothing brings a **FAMILY** together like an activity that everyone can enjoy. It could be one where you can get to understand your **PHYSICAL FITNESS**. So, why not head down to the **NAPFA CHALLENGE** and join others who are already integrating fitness into their lives? It is a great opportunity to spend **QUALITY TIME** with the whole family. In addition, you can check your fitness level with the **FREE FITNESS ASSESSMENTS**. It takes only a little of your time to start enjoying a **HEALTHIER LIFESTYLE**.

Call the Exercise for Life Hotline
at 65547657 to find out more!

Q22 First-time participants are required to pre-register. Registration and participation in the fitness assessments are free. Participants from 4 October to 25 November will be eligible for the lucky draw to be conducted on 15 December 2015 at 7 p.m. at Toa Payoh Stadium. Lucky draw participants must be 16 years and above.



Come for your free
Fitness Assessment on
Sundays!

Reward for Staying Fit and Healthy

Awards	Discounts
Gold	30%
Silver	20%
Bronze	10%

As a reward for your achievement, Vivo Income is offering to all award winners special discounts for the Vivo Insurance Scheme.

To mark on your calendar:

Dates: 10 October, 20 October, 3 November, 17 November

Venues: Stadiums in the following zones **Q23**
 East Zone: Bedok Stadium/ Tampines Stadium
 West Zone: Queenstown Stadium/ Clementi Stadium
 North Zone: Toa Payoh Stadium/ Woodlands Stadium

NAPFA Challenge: 20 October, 17 November

Participants must assemble at any of the stadiums by 7.30 a.m. The first activity starts at 8.00 a.m.

Information Sheet

REAPING THE BENEFITS OF EXERCISE



A baby starts to exercise from the day he is born. Leg and arm movements, coupled with parental massages, can help to keep a baby calm. Some parents will even notice that the baby becomes used to these small bits of exercise over time and uses them to fall asleep at night.

The level of energy a child exhibits can be used in a focused manner through appropriate exercises. When parents engage in fun exercises with kids, they learn that keeping fit is the key to healthy living.



Those who do not find time for exercise will have to find time for illness.

Earl of Derby



As one progresses into adulthood, the metabolism of the body begins to slow. This slowing can cause weight gain and more serious conditions such as diabetes and cardiovascular problems. In order to prevent these diseases, daily exercise is required. Adults who exercise 3 to 5 days a week for a minimum of 30 minutes are just plain healthier than those who do not exercise.

With age, one faces health issues as well as weaker bones and joints. However, low impact and low heart effecting workouts are still very important well into the last years of life.



Television channels advertise exercise equipment, celebrity diets and fitness regimes targeted at losing fat and gaining muscle. With such blatant propaganda, it can be difficult to see the most genuine benefits of regular exercise. Exercise improves the body's function and ability to fight new diseases. It is absolutely a vital part of our daily lives.

The recommended amount of exercise is dependent on the current level of fitness the body has attained. For a sedentary individual, exercise may mean taking those extra steps to pick up the newspaper, or strolling to the bus stop. Conversely, for the more active and physically fit person, more activity is needed for the benefits of regular exercise to be perceived.

For each question from 21 to 28, four options are given. One of them is the correct answer. (8 marks)

21. The main aim of the advertisement is to _____ (4)
- (1) offer special discounts for the Vivo Insurance Scheme
 - (2) give free fitness assessment on Sundays
 - (3) reward people for staying fit and healthy
 - (4) encourage the whole family to enjoy a healthier lifestyle
22. Teck Koon and his two classmates want to take part in the NAPFA Challenge. All the three boys are in Primary 5 and they are taking part for the first time. Which one of the following statements applies to the boys? (2)
- ☒ (1) The three boys are eligible for the lucky draw.
 - (2) The three boys need to pre-register.
 - (3) The three boys must assemble at the stadium at 8.00 a.m.
 - (4) The three boys cannot take part in the NAPFA Challenge as they are too young.
23. Peter and his family live in the east and they want to take part in the free health assessment. The nearest place that they can go to is _____ (3)
- (1) Queenstown Stadium
 - (2) Woodlands Stadium
 - (3) Tampines Stadium
 - (4) Toa Payoh Stadium
24. _____ is most likely to call the Exercise for Life Hotline to find out more about the activities. (1)
- (1) Tham, a sports enthusiast
 - (2) Chris, a retiree who is not keen in sports
 - (3) Ken, an executive who only likes to work out in an air-conditioned gym
 - (4) Joseph, a teenager who spends all his leisure time playing computer games
25. The writer refers the advertisements on exercise equipment, celebrity diets and fitness regimes to 'blatant propaganda'. He views such advertisements as _____ (3)
- (1) unnecessarily exaggerated and highly entertaining
 - (2) extremely irrelevant and exceptionally costly
 - (3) overly conspicuous and widely spread
 - (4) remarkably effective and generally economical
26. The level of activity required for the benefits of exercise to be reaped is dependent on _____ (1)
- (1) the current fitness level of the individual
 - (2) the current health status of the individual
 - (3) the schedule of the individual
 - (4) the determination level of the individual

27. Which of the following is true of exercise in the different stages of life?

- (1) A baby is unable to engage in any exercise.
- (2) Adults should engage in exercise to prevent diseases caused by the slowing down of metabolism.
- (3) It is recommended for adults to exercise for a minimum of 30 minutes daily.
- (4) Seniors should refrain from exercising as their bones and joints are weaker.

(2)

28. Refer to the quote by the Earl of Derby 'Those who do not find time for exercise will have to find time for illness.' It reminds people that _____

- (1) it is important to allocate time for exercise in order to prevent the onset of illnesses in the future
- (2) exercise takes up some time in one's schedule
- (3) a sick person may have a shorter lifespan
- (4) illnesses are inevitable at certain stages of life

(1)

There are 10 blanks, numbered 29 to 38, in the passage below. From the list of words given, choose the most suitable word for each blank. Write its letter (A to Q) in the blank. The letters (I) and (O) have been omitted to avoid confusion during marking. (10 marks)

EACH WORD CAN BE USED ONLY ONCE.

(A) just ✓	(D) of	(G) what ✓	(K) although ✓	(N) here
(B) for ✓	(E) yet	(H) where	(L) since	(P) that
(C) the	(F) before ✓	(J) when ✓	(M) however	(Q) there

Can animals sense earthquakes? The belief that animals can predict earthquakes has been present for centuries.

In 373 B.C., historians recorded that animals, including rats, snakes and weasels, deserted (29) (E) Greek city of Helice in droves (30) (C) days before a major quake.

Accounts of related animal anticipation of earthquakes have surfaced across the centuries (31) (F) ✓. Catfish moving violently, chickens (32) (A) ✓ stop laying eggs and bees parting their hive in anxiety have been reported. Countless pet owners claimed to have witnessed their cats and dogs acting inexplicably (33) (J) ✓ the ground shook - barking or whining (34) (B) ✓ no apparent reason. But exactly (35) (Q) ✓ animals sense, if they feel anything at all, is a mystery.

Scientists have no way of knowing precisely when or where an earthquake will hit. One of the world's most earthquake-prone countries is Japan, (36) (P) ✓ devastation has taken numerous lives and caused substantial damage to property. Researchers (37) (Q) ✓ have long studied animals to use that sense as a prediction tool.

(38) (K) ✓ there have been documented cases, a connection between a specific behaviour and the occurrence of a quake has never been made. In the 1970s, a few studies on animal prediction were conducted but nothing conclusive came out of it.

Each of the underlined words contains either a spelling or grammatical error. Write the correct word in each of the boxes. (12 marks)

(39) necessarity ~~necessarity~~
 Receiving adequate sleep each night is an absolute necessarity for physical and emotional
 (40) to
 health. Growing teenagers need even more sleep and they are particularly susceptible for the
 (41) academic
 detriments of sleep deprivation. Without adequate sleep, teenagers may face akademick
 (42) many
 problems. Much sleep-deprived teenagers feel least alert in the early morning. As their motor
 (43) slower ~~slower~~
 and mental functions slows, they make more mistakes, have trouble storing memories and
 (44) devote
divote less time to each task. The internal clocks of teenagers change after puberty. Many
 (45) difficulty
 teens cannot fall asleep before 11 p.m. and have difficult ~~rising~~ in the morning. Sleeping in on
 (46)
 the weekends cannot compennsaid for the loss. In turn, this shift in the internal clock may
 affect hormones, digestion and cardiovascular functions. In addition, as many parents can
 (47) prolonging ~~prolonging~~
 attest, teenagers become sullen and irritable after prolong sleep loss. Teenagers with sleeping
 (48) anxiety (49) negative
 problems also often report problems with stress and anzierty. This can also lead to nehgertive
 behaviours, including outbursts with teachers or classmates. Teenagers who fight sleep loss
 (50) by ~~by~~
through caffeine or alcohol may find that these substances lead to even more sleep
 disruptions.

Fill in each blank with a suitable word. (15 marks)

A typical day at work for Thomas Peter includes taking a four-hour jog with 40 dogs, big and miniature, young and aged, and none of them on leashes. (51) as ~~X~~ most of these dogs belong to him, the rest are troubled dogs sent to Peter to learn good behaviour. Evidently, Peter has an extraordinary gift (52) for working with these animals.

Growing up on a ranch in Mexico, Peter knew he (53) had to work with dogs. His first (54) aim ~~X~~ at age 15, was assisting a veterinarian. He was so proficient in calming nervous dogs and (55) ~~X~~ all kinds of situation, people started calling him 'the dog boy.' Since then, he has built a rewarding career around his (56) ~~X~~ animal.

Observing dogs on the ranch where he grew up, Peter realised they need a lot of exercise to be calm. He explains his (57) decide ~~X~~ "Exercise and discipline first, and then affection!" He says a lot of people get it (58) ~~X~~ because they do not realise what dogs truly need. Peter does not just train dogs; he trains owners to understand that their pets (59) ~~X~~ rules. He has helped celebrities (60) like Oprah Winfrey and Will Smith and everyday people too.

At his Dog Psychology Centre in New York, Peter also works with dogs whose dangerous behaviour has (61) ~~X~~ them from finding homes. He (62) trained ~~X~~ them to be affectionate, gentle pets. Viewers can really see the (63) changes in dogs with troublesome behaviour on Peter's TV show, The Dog Whisperer.

To find the ideal job, Peter (64) let ~~X~~ kids to do what they enjoy. Peter offers this advice, "You can always find a job. But I find that contentment comes when you follow your (65) ~~X~~ Success followed me because I was following my dream of being the best dog trainer in the world."

For each of the questions 66 to 70, rewrite the given sentence(s) using the word(s) provided. Your answer must be in one sentence. The meaning of your sentence must be the same as the meaning of the given sentence(s). (10 marks)

66. I left for work in a hurry. I did not remember to wake my sister up.

Without waking my sister up, I left for work in a hurry.

67. I did not complete my assignment on time. I would be reprimanded by my tutor.

I would be reprimanded by my tutor unless
I completed my assignment on time.

68. The horse sensed danger. It started to kick and neigh noisily.

Sensing danger, the horse started to kick and neigh noisily.

69. All our members are not selected for the Lion Dance Competition.

Not one of our members is selected for the Lion Dance
Competition.

70. He was very persistent. He eventually got his way.

Due to persistence, he eventually got his way.

Read this passage and answer questions 71 to 80. (20 marks)

The prison camp which the Nazis sent Armin Theodoro to was in the mountains of South Poland. A few wooden huts clung to the edge of the bleak hillside. Most of the prisoners were Poles, but there were Hungarians and Russians too. Each hut held about a hundred and twenty - yet it was barely big enough for more than forty. Few had the energy or the courage to escape. Some of their prison mates had slipped out of the camp before. Those who were not apprehended and sent back died of exposure in the mountains. But Armin was determined to escape. He would sit around the hut, thinking of his family and staring at the few tattered photos of them. How he yearned to see them again!

Q72

He decided to wait till early spring, when the nights were not so bitter. Very prudently he laid his plans. There was only one way out - the way the guards went, through the gate and past the guard-house. His idea was to disguise himself as one of them and follow them as they went off duty. But how was he to get hold of the uniform?

(Q73)

One March day, during the morning inspection, he flicked a paper pellet at the guard. It stung him behind the ear and made him turn round. Within five minutes Armin was in a cell in 'the cooler'. For two days he stamped up and down, to keep himself warm. Twice a day, a guard delivered food to him. On the third evening, the guard came as usual. When Armin heard the soft thud of his footsteps in the snow, he crouched down on the floor at the back of his tiny cell. He had a smooth round stone and a catapult in his hands. He had made the catapult from pine twigs and the elastic sides of his boots. In a while the guard would unlock the door, look inside and hand in the food.

Q74

Armin waited apprehensively. He heard the key grate in the rusty lock of the outside door of 'the cooler'. The hinges creaked open. Armin drew back the elastic. He heard the padlock on the door being unlocked. The guard had not seen Armin when the stone struck him in the middle of his forehead and knocked him down. The floor trembled as he tumbled. A few moments later Armin was kneeling beside the unconscious man, hurriedly stripping off the uniform. There was no time to lose. Already the locking up of the prisoners had started and he could hear the guards shouting at them outside.

Armin felt warm and comfortable in the guard's uniform. Turning up the collar so that the tips touched his cheek-bones, he went out into the night. He hid behind the huts until the trumpet sounded the change of guard. Hundreds of times he had watch the guards fall in and march out of camp. It seemed to him quite natural now to be lining up with the others. The officer walked up to each guard.

"Anything to report?" the officer asked each of them in turn.

"All correct, sir," they answered.

"All correct, sir," said Armin in his best German.

"Guard, dismiss!" said the officer.

Armin dropped to the rear and followed the other soldiers out - out of the great spiked gate and into freedom. It seemed too good to be true.

9/20

287

71. Why do you think few prisoners had the 'courage to escape'? [2 m]
 As those who were not apprehended and sent back died of exposure in the mountains. ✓

72. What was Armin's main reason for escaping? [1 m]
 He thought of his family and stared at the few tattered photos of them. ✓

73. What was Armin's escape plan and what difficulty did he encounter? [2 m]
 He decided to wait till early spring when the nights were not so bitter but the only way was the way the guards went. ✗

74. Why did Armin flick a paper pellet at the guard? [2 m]
 He wanted the paper pellet to sting him behind the ^{ear} and made him turn around. ✗

75. Based on the story, state whether each statement in the table below is true or false, then give one reason why you think so. [3 m]

	True/ False	Reason
The prisoners had to endure dire living conditions in the prison.	True	It was in the mountains of South Poland. ✗
Armin thought of a few plans to escape.	False	He only planned to escape in early spring when the nights were not so bitter. ✗
Armin demonstrated resourcefulness and creativity in devising a weapon to attack the guard.	True	He flicked a paper pellet at the guard. ✗

76. 'There was no time to lose.' (line 26)

Explain clearly why Armin needed to hurry when he heard the guards locking up the prisoners? [1 m]

He need to hurry up as the prisoners had started and he could hear the guards shouting at them outside. X

77. Give two reasons why the officer was unable to tell that Armin was a prisoner in disguise. [2 m]

X

78. Write 1, 2 and 3 in the blanks below to indicate the order in which the events occurred in the story. [1 m]

- ☒ 2 - Armin attacked the guard with a stone launched from a catapult.
☐ 3 - Armin lined up with the rest of the guards.
☐ 1 - Armin was sent to a cell in 'the cooler'.

79. 'It seemed too good to be true.' Explain what this sentence means. [2 m].

Armin successfully followed the other soldiers out of the great spiked gate and into freedom. -1

80. The structure of the text reflects Armin's feelings during the execution of his escape plan. Complete the flow chart by choosing one word from the box to summarise the main feeling described in each part of the text. [4 m]

Writer's feelings

Nervous	Confident	Elated	Perturbed
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Flow Chart

